COVID-19:
Managing Symptoms

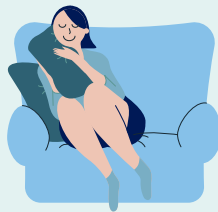**ERIE COUNTY PENNSYLVANIA**

Public Health
Prevent. Promote. Protect.

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Stay at home.

Do not go to work or school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
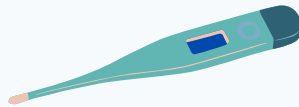
Wash your hands often.

Wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
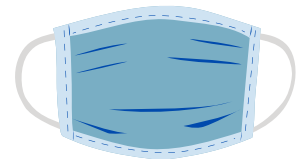
Monitor your symptoms.

If your symptoms get worse, call your healthcare provider immediately.

Stay in a specific room.

It's best to stay in a designated room or area away from others. If you need to be around other people in or outside of the home, wear a mask.
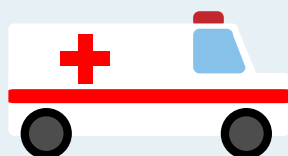
If possible, have a designated toilet and bathroom as well.

Get rest and stay hydrated.

Notify dispatch personnel.

For medical emergencies, call 911 and notify them that you have or may have COVID-19.

Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.

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Cover your cough and sneezes.

Use a tissue or the inside of your elbow.

Avoid sharing personal items.

Try not to share personal items, like dishes, towels, and bedding, with anyone else in your household.

Take deep breaths regularly.

Clean all surfaces.

Use household cleaning sprays or wipes according to the label instructions to clean areas that are touched regularly, such as counters, tabletops, and doorknobs.

Walk and get regular, mild exercise.

Keep in mind that if cardiac involvement is present, you should not exert strenuous exercise.

Eat a healthy diet.

Avoid smokers and smoking.